

PHYSICAL EDUCATION

2

FOR FAMILIES



YOU ARE YOUR child's first teacher. Learn how to support the goals of Oklahoma's academic standards and why they are important for your child. Please be in regular communication with your child's teachers and ask how you can support physical education learning at home. When schools and families work together as partners, it helps your child achieve academic success!

SECOND GRADE

What to expect:

In second grade, children are comfortable moving their bodies. They are mastering the underhand and overhand throw and most locomotor skills, including skipping. Second-grade students need plenty of time to practice manipulative skills like kicking, dribbling, volleying and striking.

At this grade level, children enjoy dance and some imaginative play. They are able to work safely and independently in PE.

By the end of the school year, your child will:

- Be able to skip, hop, jump and perform other motor skills with good form. (Students at this level may not be developmentally ready to leap.)
- Use a jump rope to jump forward and/or backward with good form.
- Dribble with hands and feet by controlling the ball and traveling with it.

What to do at home:

- To help your child learn to jump rope, coach them to start with the rope handles pointing at their stomach. Next, they will move the handles out to the sides of their body and make a big circle overhead. When the rope hits the floor, your child should jump over.
- If your child is having difficulty jumping rope, cut a one-foot section of a pool noodle and place the rope through the middle of the noodle. The weight of the pool noodle makes the rope easier to turn. When the noodle hits the floor, your child should jump over it.



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Fostering Curiosity

Children are naturally curious and motivated to learn about things that interest them. Since helps students be successful in the classroom, it is important to encourage it at home. Play is a wonderful way to nurture curiosity in children, so be sure to allow plenty of playtime and physical activity. It is important to understand the differences between PE and physical activity. In PE, students learn to be physically active; physical activity is when students practice what they learn in PE. Encourage your child to ask questions, be creative, discover answers and explore their world.

Support your child's curiosity with questions like these:

- What are different ways you can balance your body?
- What types of activities require balance?

It's okay if you don't always have the answer to your child's questions. The best response is always, "Let's find out together."

Fostering Communication

Build your child's vocabulary, thinking skills and curiosity by using new words and having conversations that include questions to make your child think. Communicating with others gives children a chance to see and understand that there can be more than one point of view on a given subject. Accepting these different ideas helps children learn how to get along with others, encouraging positive relationships with peers and a strong self-image.

Support your child's communication skills with questions like these:

- Why do you need balance to participate in physical activities?
- How can you participate in balance activities at home?
- What equipment would you need to participate in balance activities at home?

Fostering Connections

Making connections between different school subjects helps build your child's overall knowledge. It's also important for your child to make connections between what they are learning at school and in the real world. Point out these connections to your child and encourage them to make them, too.

- Connect science and nutrition with physical activity by visiting a pumpkin patch or a fresh fruit orchard.
- Ask your child to use descriptive words to tell you about the visit. For example, "The peach was soft and round."
- Encourage your child to speak in complete sentences because it will help them write in complete sentences.
- Ask your child to find a book, information or recipe to connect to the food item.

Join the conversation!

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